

*Handout: Comparison of the Healthy Living with Diabetes Workshop and the Chronic Disease Self-Management Program*

Session One	Diabetes vs. CDSMP
Activity 1: Introductions	Same, except participants are asked to identify <b>problems caused by diabetes only</b>
Activity 2: Workshop Overview	Same, except with <b>diabetes focus</b>
<b>Activity 3: What is Diabetes?</b>	New activity not in CDSMP. Replaces the chronic vs. acute disease activity. Covered in cross training.
<b>Activity 4: Monitoring</b>	New activity not in CDSMP. Replaces the cognitive symptom management/distraction activity. Replaces symptom cycle with the diabetes self-management tool-kit. Covered in cross training.
<b>Activity 5: Introduction to Healthy Eating</b>	New activity that expands on the topic; it is different from the healthy eating activity in CDSMP. Covered in cross training
Activity 6: Introduction to Action Planning	Same
Activity 7: Closing	Same

Session Two	Diabetes vs. CDSMP
Activity 1: Feedback and Problem-Solving	Same, except diabetes course includes feedback not only on the action plan but <b>also what was learned by doing the diary and glucose monitoring</b> . Diabetes course also includes some additional problem-solving around glucose monitoring
<b>Activity 2: Formula for a Healthy Eating Plan</b>	New activity not in CDSMP. Covered in cross training.
<b>Activity 3: Preventing Low Blood Sugar: Hypoglycemia</b>	New activity not in CDSMP. Covered in cross training.
Activity 4: Making an Action Plan	Same
Activity 5: Closing	Same

Session Three	Diabetes vs. CDSMP
Activity 1: Feedback and Problem-Solving	Same, except includes <b>feedback on food diary as well.</b>
<b>Activity 2: Preventing or Delaying Complications</b>	New activity not in CDSMP. Covered in cross training.
<b>Activity 3: Planning Low Fat Meals</b>	New activity not in CDSMP. Covered in cross training.
Activity 4: Introduction to Physical Activity and Exercise	Similar, but adds a <b>diabetes focus</b> . Takes out section on choosing a physical activity goal, and adds guidelines for safely exercising and maintaining balance of blood sugar.
<b>Activity 5: Dealing with Stress</b>	New activity, but similar to the depression management activity. Covered in cross training.
Activity 6: Muscle Relaxation	Same
Activity 7: Making an Action Plan	Same
Activity 8: Conclusion	Same

Session Four	Diabetes vs. CDSMP
Activity 1: Feedback and Problem-Solving	Same, except includes <b>feedback on eating plan and monitoring of blood sugar</b>
Activity 2: Dealing with Difficult Emotions	Same
<b>Activity 3: Reading Nutrition Labels</b>	New activity not in CDSMP. Covered in cross training.
Activity 4: Endurance Activities	Same, except for <b>diabetes focus</b> at the beginning of the activity.
Activity 5: Guided Imagery	Same
Activity 6: Making an Action Plan	Same
Activity 7: Closing	Same

Session Five	Diabetes vs. CDSMP
Activity 1: Feedback and Problem-Solving	Same, except includes feedback on <b>changes in eating plan, glucose monitoring and/or physical activity and fitness.</b>
Activity 2: Depression Management	Same, but <b>uses diabetes self-management tool kit</b> rather than symptom cycle
Activity 3: Positive Thinking	Same, but with <b>diabetes focus.</b>
Activity 4: Communication Skills	Same, but with <b>diabetes focus.</b>
Activity 5: Medication Usage	Similar, but with a focus on <b>diabetes-specific medications.</b>
Activity 6: Making an Action Plan	Same
Activity 7: Closing	Same

Session Six	Diabetes vs. CDSMP
Activity 1: Feedback and Problem-Solving	Same
<b>Activity 2: Strategies for Sick Days</b>	New activity not in CDSMP. Covered in cross training.
<b>Activity 3: Foot Care</b>	New activity not in CDSMP. Covered in cross training.
Activity 4: Working with Your Health Care Professional and Health Care System	Same
Activity 5: Looking Back and Planning for the Future	Same
Activity 6: Closing	Same

3. Explain that we will now move on to doing the activities specific to the diabetes workshop, starting with Activity 3 in Session 1.